

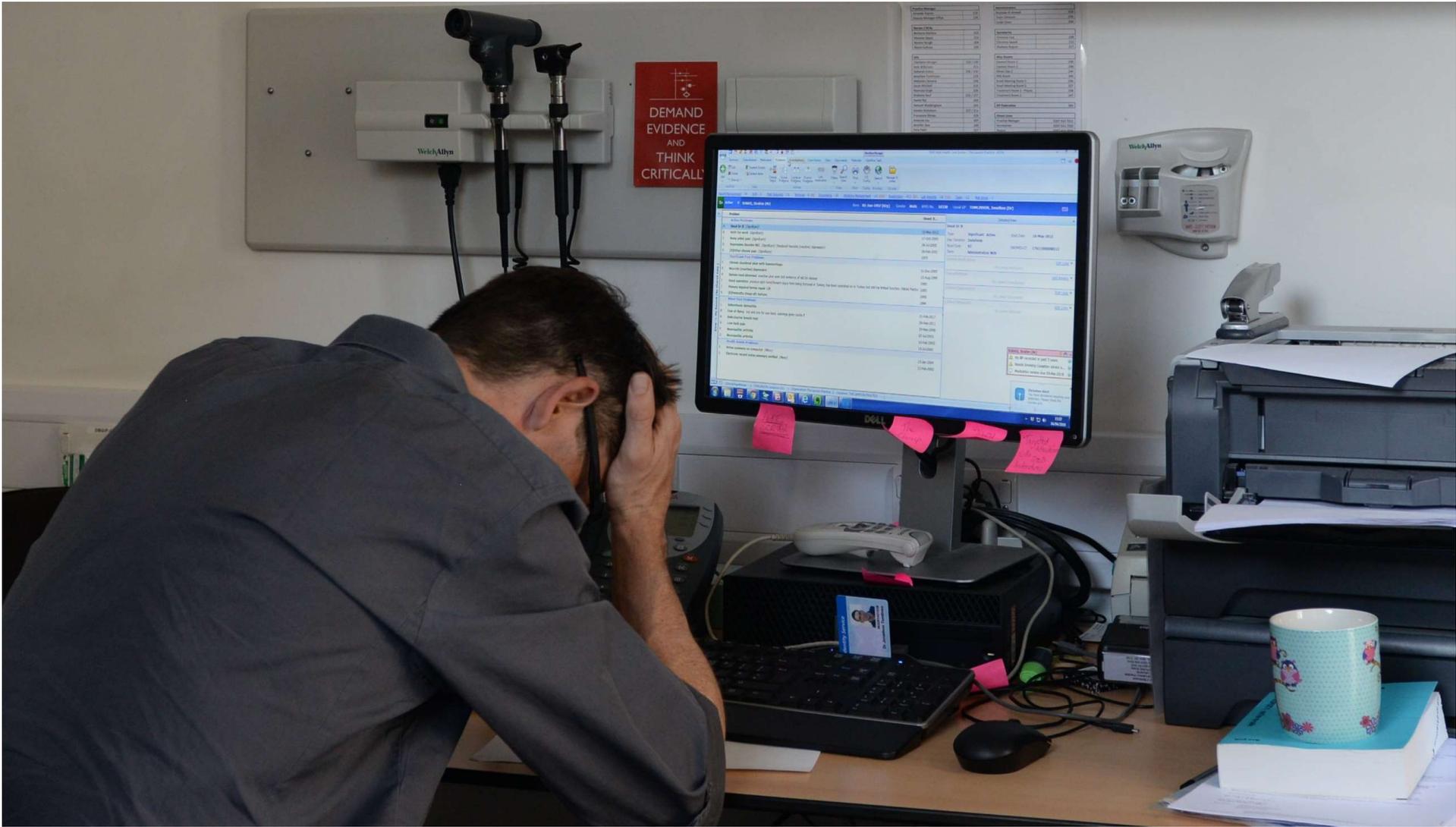
These patients used to do my head in!  
How Trauma Informed Care made me  
(and my trainees) happier, more  
compassionate and more resilient

Primary care Educator conference April 17<sup>th</sup> 2018

Jonathon Tomlinson

[abetternhs.net](http://abetternhs.net)

[@mellojonny](https://twitter.com/mellojonny)



DEMAND  
EVIDENCE  
AND  
THINK  
CRITICALLY

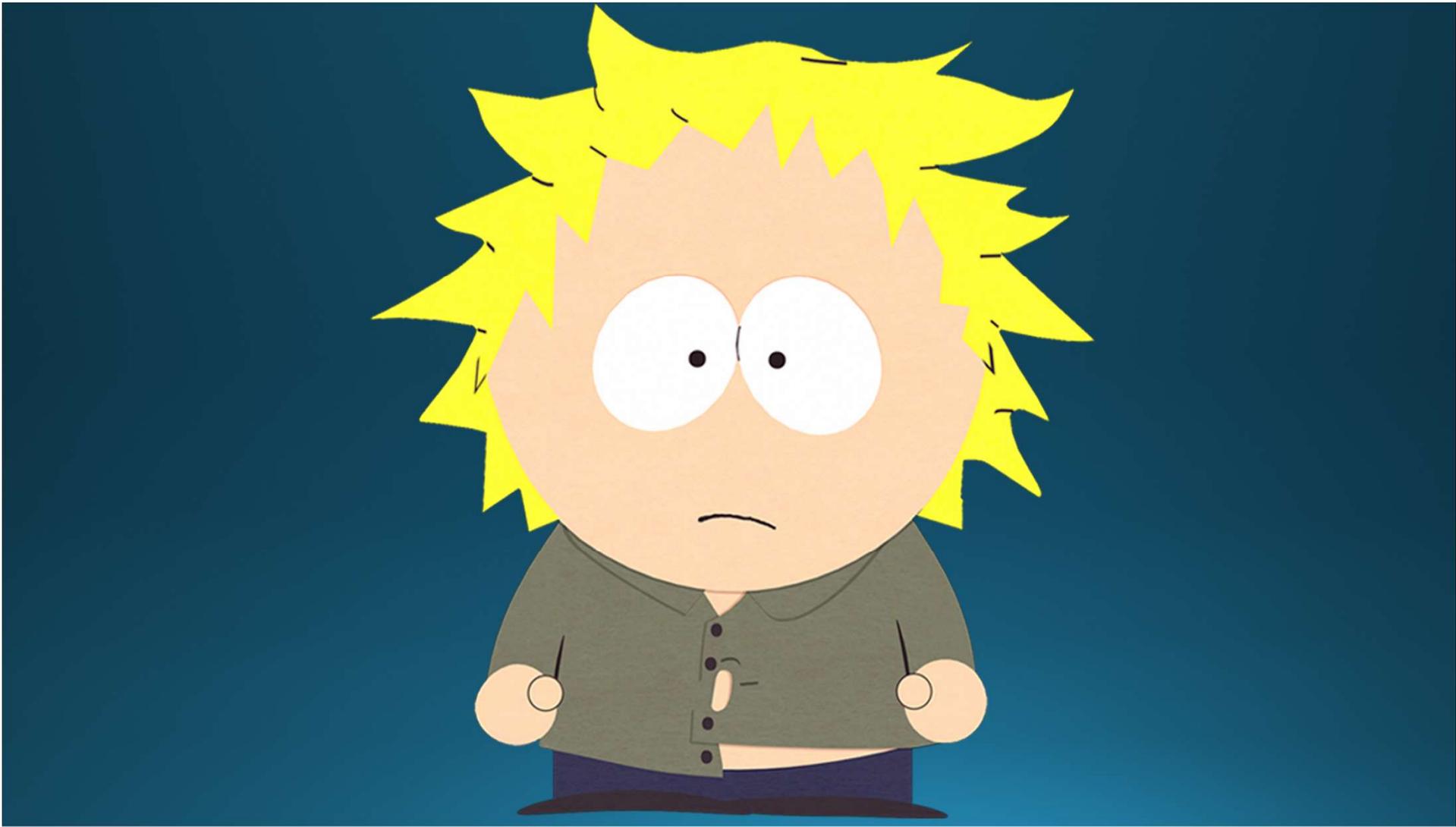
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1000000003	Case 3	Case Type 3	Case Status 3	2010-01-03	12:00:00
1000000004	Case 4	Case Type 4	Case Status 4	2010-01-04	13:00:00
1000000005	Case 5	Case Type 5	Case Status 5	2010-01-05	14:00:00
1000000006	Case 6	Case Type 6	Case Status 6	2010-01-06	15:00:00
1000000007	Case 7	Case Type 7	Case Status 7	2010-01-07	16:00:00
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1000000009	Case 9	Case Type 9	Case Status 9	2010-01-09	18:00:00
1000000010	Case 10	Case Type 10	Case Status 10	2010-01-10	19:00:00











*Chronic anxiety, paranoia*

*Chronic depression*

Insomnia

Teeth grinding

Palpitations

Breathlessness

Functional dyspepsia

IBS/ Irritable bladder

Incontinence

*Chronic pain*

*Chronic fatigue*

Autoimmune diseases



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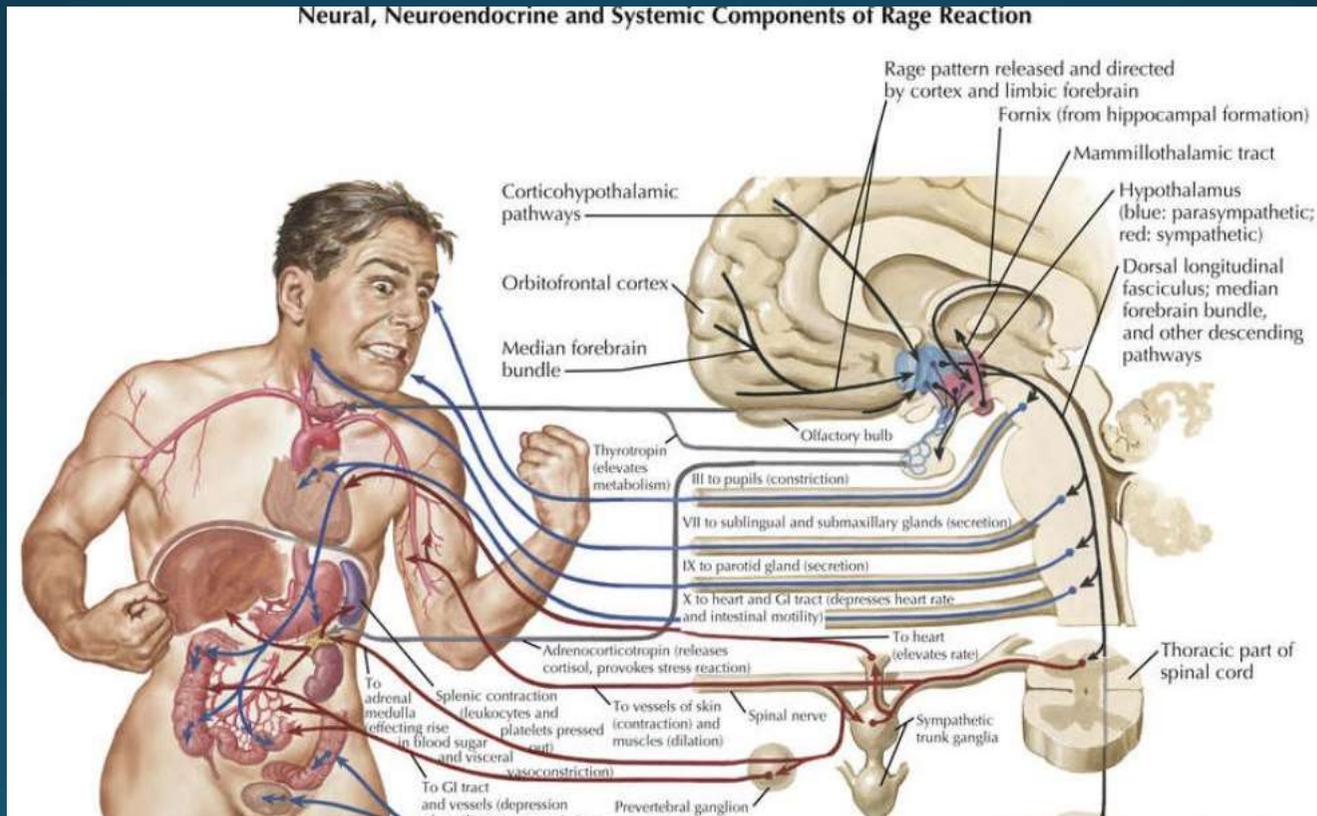
# Hypervigilance





# Flight, flight and the limbic system

Neural, Neuroendocrine and Systemic Components of Rage Reaction





Addiction, esp. prescribed  
Non-dependent  
substance abuse  
Self-harm including  
attempted suicide  
Excessive exercise or work  
Eating disorders including  
severe obesity  
Self-harm  
Psychosis  
Isolation and loneliness

# Dissociation and disconnection



Addiction, esp. prescribed  
Non-dependent  
substance abuse  
Self-harm including  
attempted suicide  
Excessive exercise or work  
Eating disorders including  
severe obesity  
OCD  
Psychosis  
Isolation and loneliness



Toxic shame

Unlike guilt, which is the  
feeling of doing something  
wrong,  
Shame is the feeling of  
being something wrong.

*Marilyn J. Sorensen*

## Shame and agency

Unlike guilt there is a sense of inadequacy over circumstances that are beyond our control, therefore one cannot escape it



## Shame and stigma

- Shame is internalised stigma
- Shame is more disruptive than stigma



## Shame: 'Self talk'

- "I am not good enough"
- "I do not belong"
- "I am unlovable"
- "I should not be"

“I am not good enough”



“I am  
unlovable”

I don't deserve:

- Care
- Affection
- Concern



# “I do not belong”



- A fear of being abandoned or rejected
- A sense of being an imposter
- Loneliness

“I should not  
be”

Suicidal  
thoughts and  
actions



## Sam

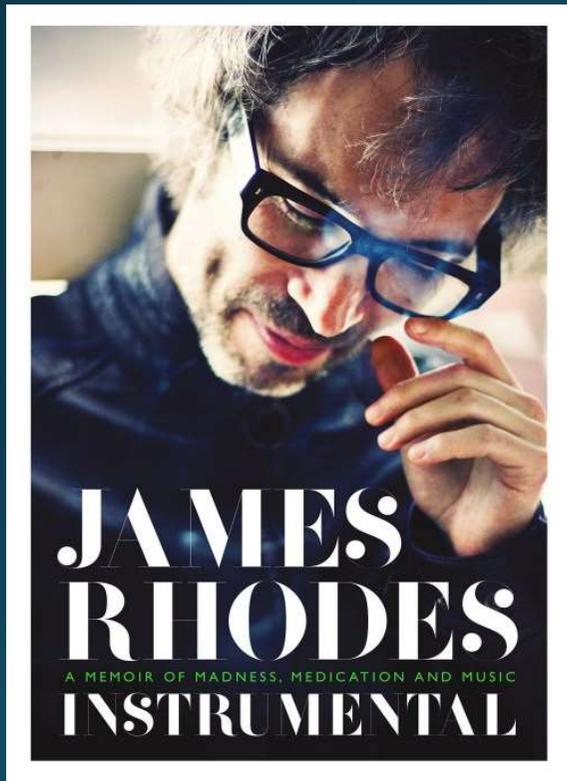
- 47 years old
- Body builder
- Uses steroids
- Chronic depression
- Multiple suicide attempts
- Social isolation
- Never worked



## Sam

- An unwanted child, "A mistake"
- Bought up by his older sister
- His sister died when he was 12
- Left to fend for himself





## Shame

*"When I was a child, there were things that happened to me, were done to me, that led to me operating my life from the position that I, and only I, am to blame for the things inside me that I despise. Clearly someone could only do those things to me if I were already inherently bad at a cellular level. And all the knowledge and understanding and kindness in the world will never, ever change the fact that this is my truth. Always has been. Always will be."*

# Trauma's aftermath

- Fear / hypervigilance
- Dissociation
- Shame

## Understanding and Healing Emotional Trauma

Conversations with Pioneering Clinicians and Researchers



Daniela F. Sieff



## What is trauma?

- Childhood: abuse, neglect, loss, (ACEs)
- Adult: Domestic violence, warfare, disaster



"One of the most important psychiatric works to be published since Freud." —*New York Times*

# Trauma and Recovery

The Aftermath of Violence—  
From Domestic Abuse to Political Terror



JUDITH HERMAN, M.D.

With a new epilogue by the author

A NEW YORK TIMES BESTSELLER

# THE BODY KEEPS THE SCORE

BRAIN, MIND, AND BODY  
IN THE HEALING OF TRAUMA



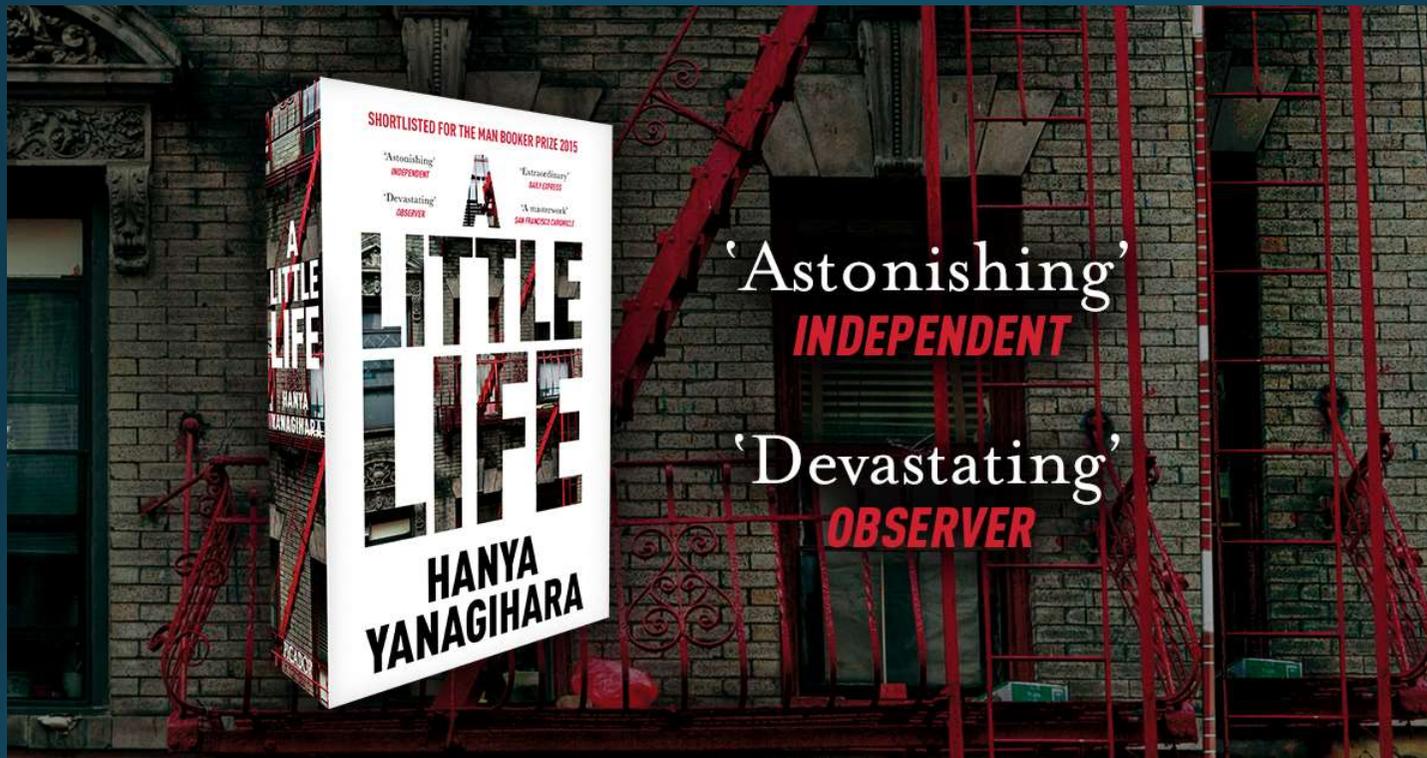
BESSEL VAN DER KOLK, M.D.

"A MASTERPIECE THAT COMBINES THE BOUNDLESS CURIOSITY  
OF THE SCIENTIST, THE ERUDITION OF THE SCHOLAR, AND THE PASSION  
OF THE TRUTH TELLER." —JUDITH HERMAN, M.D.

*"It's easier to  
talk about  
diseases you  
don't have,  
than the  
stories you  
do"*

Julian Tudor Hart

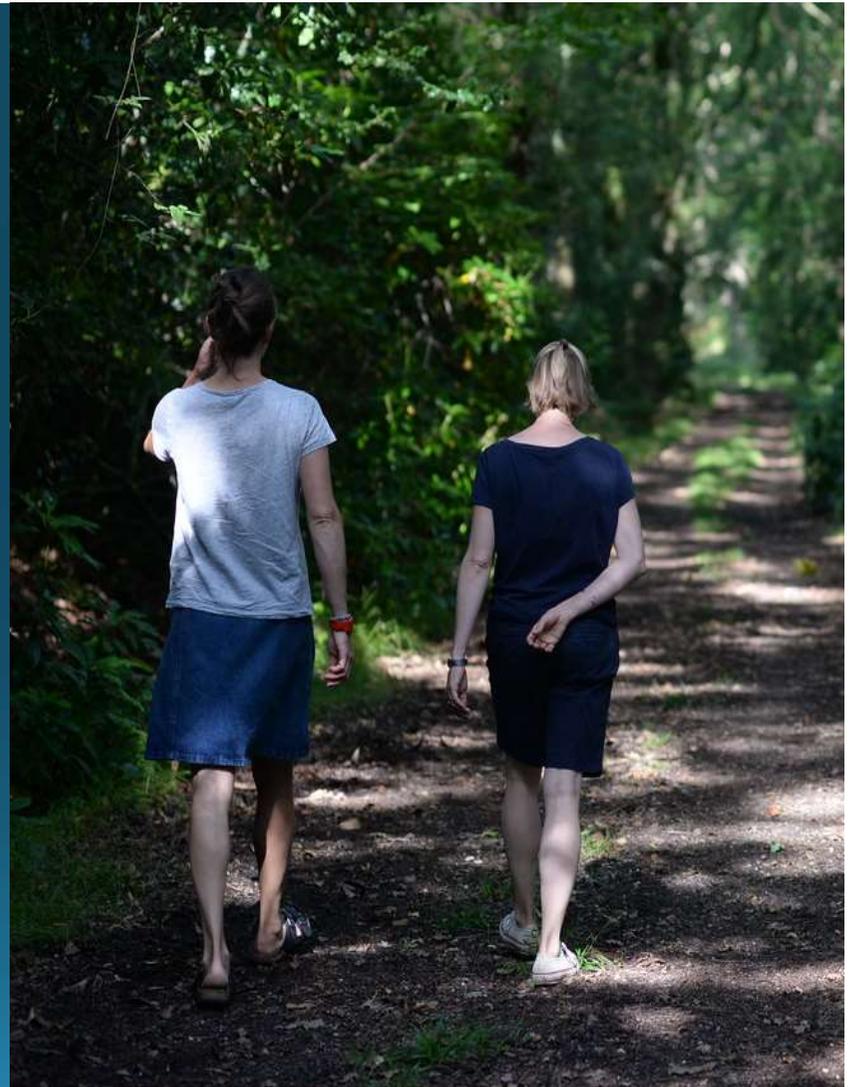




“It was impossible to explain to the healthy  
the logic of the sick,  
and he didn't have the energy to try”

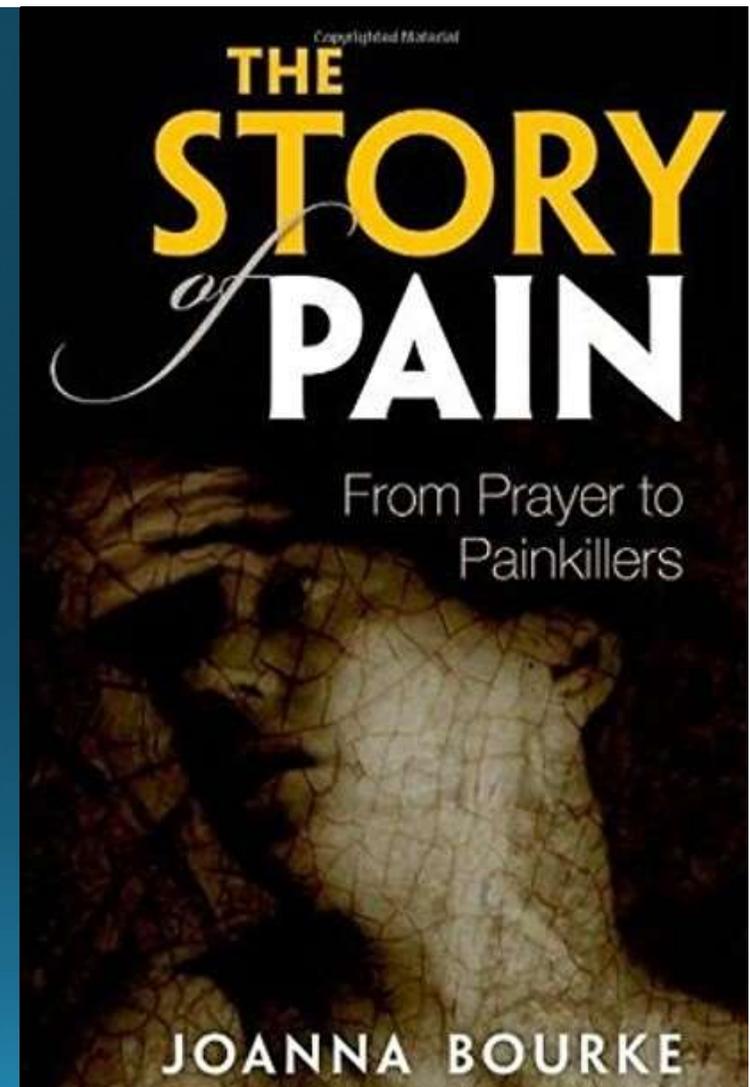
# Trauma and testimony

- Testimony may not be necessary
- Safety and trust have to come first
- Symptoms have to be tolerable
- The patient must have control over what they disclose
- Trauma disrupts memories, so there might not be a story to tell
- Testimony can be traumatic for patients and doctors



## Bearing witness

*"Maybe it's not the fact that pain cannot be expressed but that listeners don't want to hear it, it actually hurts listeners to hear someone talking about pain"*



## Joe

- Panic attack in theatre
- Diagnosed with severe anxiety and OCD
- Unable to return to work
- Prescribed 4 psychotropics



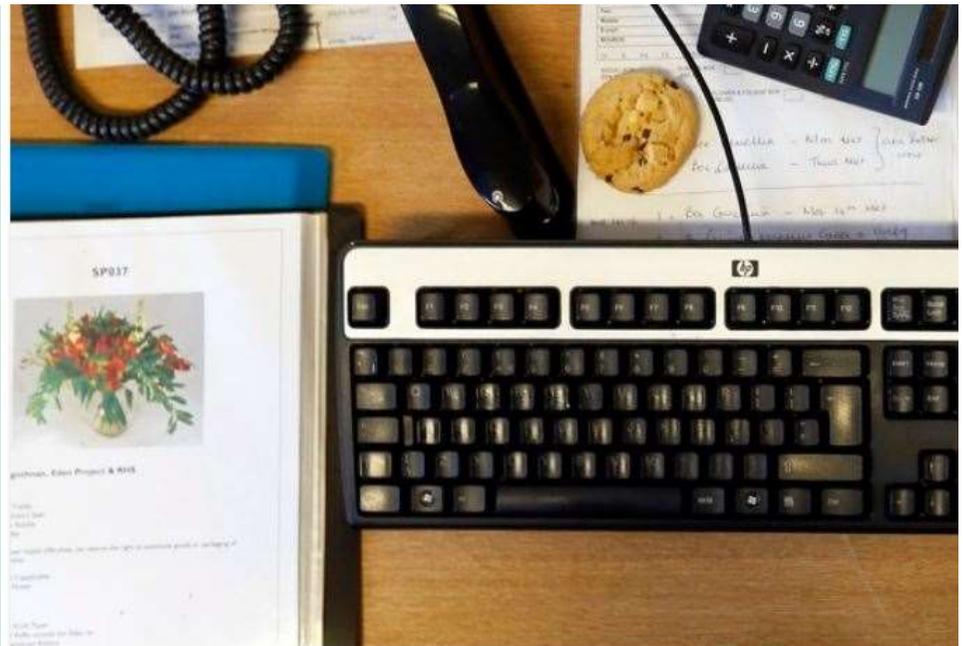
## Joe

- Violent father
- Used alcohol and drugs to dissociate
- Self-medicated with Fentanyl
- Ashamed of his traumatised self



# Professional dissociation

*"For me, working all the time and being in constant motion is one way to avoid thinking about how I'm feeling"*



## Do Some Trauma Survivors Cope by Overworking?

Hypervigilance and an inability to relax without guilt may lead some people to blunt their emotions through work.

TANYA PAPERNY | FEB 16, 2017 | HEALTH

# Perfectionism

## Perfectionism Is Increasing Over Time: A Meta-Analysis of Birth Cohort Differences From 1989 to 2016

Thomas Curran  
University of Bath

Andrew P. Hill  
York St John University

From the 1980s onward, neoliberal governance in the United States, Canada, and the United Kingdom has emphasized competitive individualism and people have seemingly responded, in kind, by agitating to perfect themselves and their lifestyles. In this study, the authors examine whether cultural changes have coincided with an increase in multidimensional perfectionism in college students over the last 27 years. Their analyses are based on 164 samples and 41,641 American, Canadian, and British college students, who completed the Multidimensional Perfectionism Scale (Hewitt & Flett, 1991) between 1989 and 2016 (70.92% female,  $M_{age} = 20.66$ ). Cross-temporal meta-analysis revealed that levels of self-oriented perfectionism, socially prescribed perfectionism, and other-oriented perfectionism have linearly increased. These trends remained when controlling for gender and between-country differences in perfectionism scores. Overall, in order of magnitude of the observed increase, the findings indicate that recent generations of young people perceive that others are more demanding of them, are more demanding of others, and are more demanding of themselves.

*Keywords:* personality, culture, neoliberalism, psychopathology

“Perfectionism is conceived as a misguided attempt to procure others’ approval and repair feelings of unworthiness and shame”

## Which do you think are more prevalent among doctors and medical students and why?

Underlying causes	Shame-based consequences
Abandonment/ Loss	Addiction/ compulsive behaviour
Abuse/ neglect	Anxiety
Excessive criticism/ belittling	Depression
Lack of emotional bonding	Loneliness
Social Stigma	Perfectionism
	Self-criticism
	Self-harm
	Self-neglect
	Somatisation
	Suicide

Trauma: Remember, History is not destiny

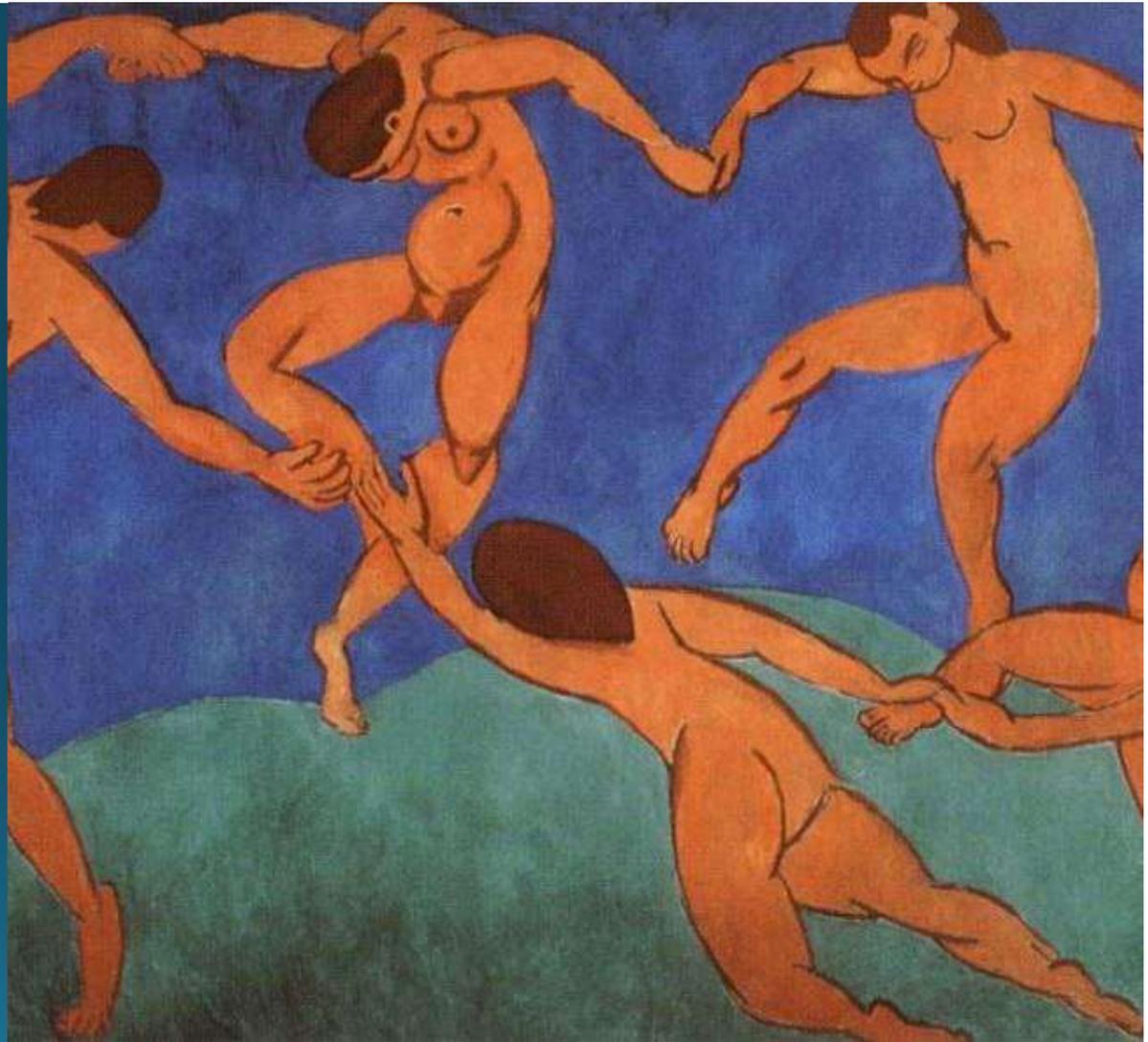


Making things better

# Reconnection

## Reconnection

- **Self** – Therapy, reflection, self-compassion
- **Others** – meaningful, stable long-term relationships
- **Body** – Exercise, Yoga, Dance, music, art, etc.
- **Society** – housing/ financial etc. security

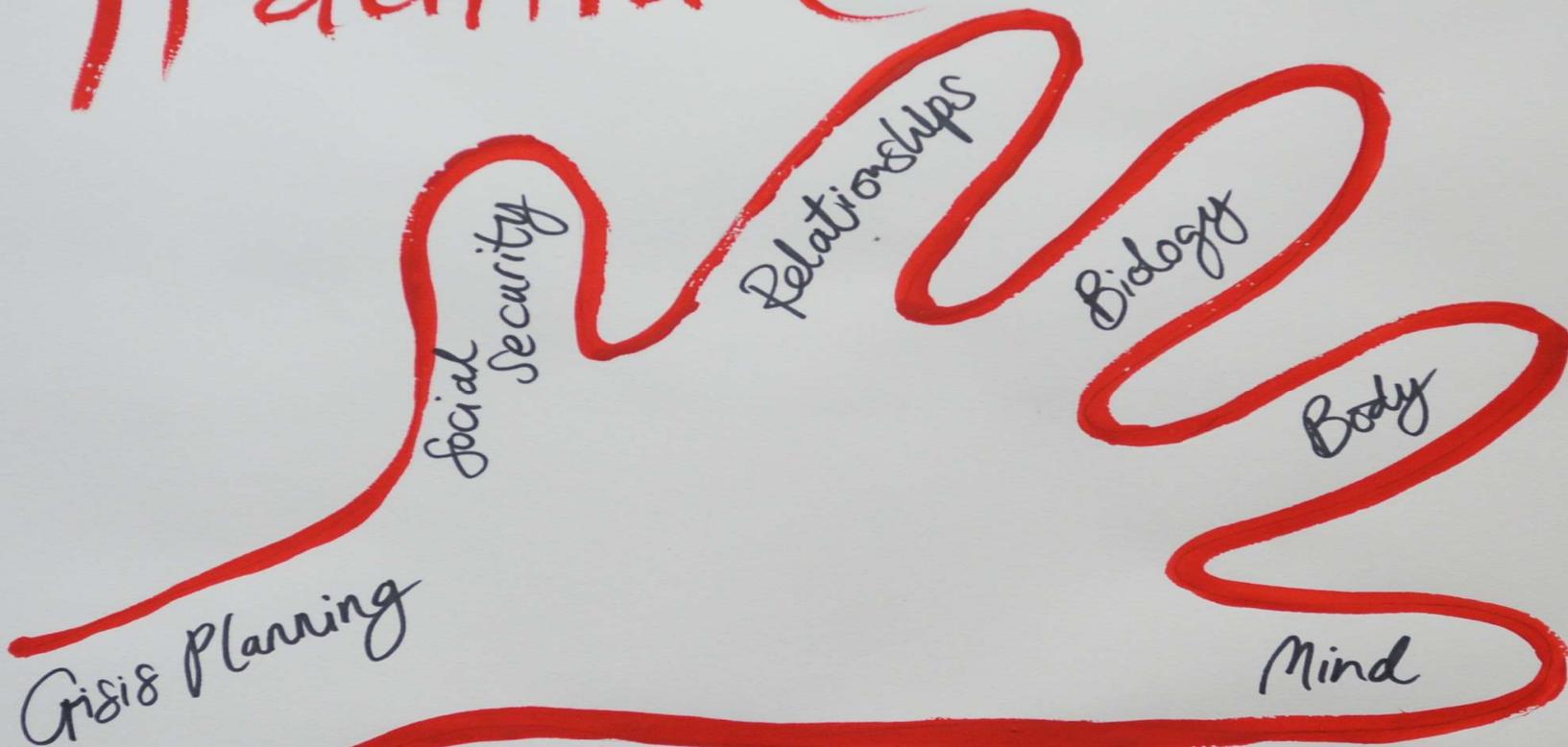


## Crisis planning

- Identify triggers and early signs
- Involve friends/ family professionals in crisis planning
- Write down a plan and share it
- Review it after a crisis
- Don't change medication in a crisis



# Trauma Care



'Salutogenesis'

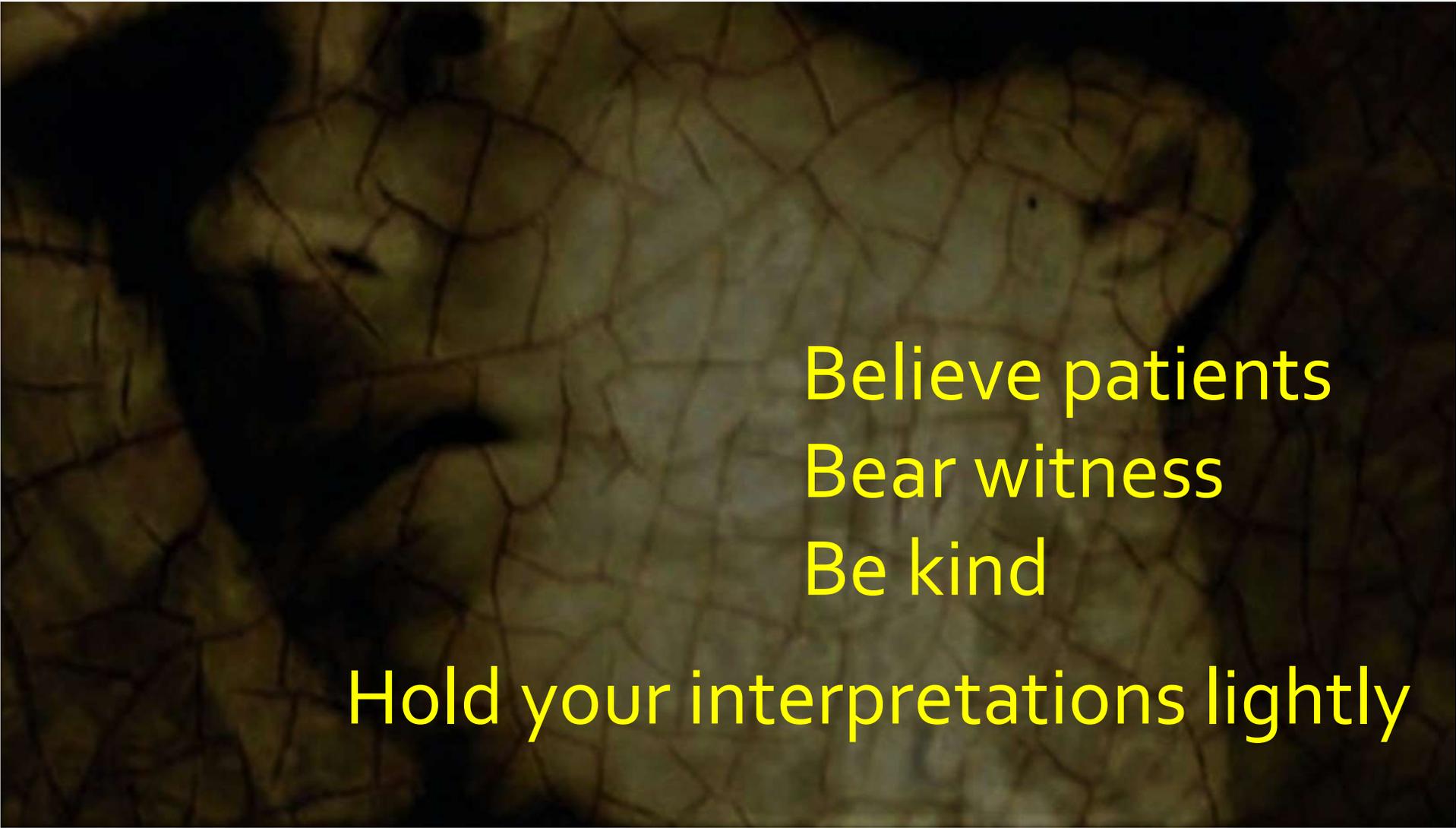
How to be happy, compassionate and resilient

# Conclusions



Recognise the patterns of  
hypervigilance, dissociation  
and shame

S



Believe patients

Bear witness

Be kind

Hold your interpretations lightly



Focus on  
salutogenesis,  
be hopeful

Take care  
of yourself  
and your  
colleagues

Questions?

# Trauma: other important facts

- Survivors of trauma are far more likely to be future victims of trauma than to be perpetrators of trauma
- Most perpetrators are known
- Only a tiny proportion, 5% or less, of perpetrators are prosecuted
- Only a tiny proportion of perpetrators were victims of trauma, but those ones are more likely to be caught and prosecuted
- For many victims of trauma, punishment of perpetrators or forgiveness of perpetrators isn't a requirement of recovery or a sense of justice. Acknowledgment, vindication, social validation, respect etc. are
- The aftermath of trauma: fear, disconnection and shame can be passed on to the next generation, without them experiencing trauma

# More resources

- ACEs: [www.acestoohigh.com](http://www.acestoohigh.com)
- Childhood forecasting of a small segment of the population with large economic burden. Dunedin study – Nature <http://www.nature.com/articles/s41562-016-0005>
- Dunedin study background and commentary <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4412685/>
- Trauma-centred care: <http://www.commonwealthfund.org/publications/newsletters/transforming-care/2016/june/in-focus>
- Bessel Van Der Kolk: The Body Knows the Score 2015
- Judith Herman: Trauma and Recovery 1992 (2015 edition)
- Daniela Sieff: Understanding and Healing Emotional Trauma 2016
- James Rhodes: Instrumental 2016
- Hanya Yanagihara: A Little Life: 2015
- 5 minute film: <https://vimeo.com/139998006>
- Nadine Burke TED <https://youtu.be/95ovlJ3dsNk>
- Half hour radio programme: <http://www.bbc.co.uk/programmes/b07odksr>
- Complex PTSD: <https://www.nhs.uk/conditions/post-traumatic-stress-disorder-ptsd/complex/>
- Do some trauma survivors cope by overworking? <https://www.theatlantic.com/health/archive/2017/02/do-some-trauma-survivors-cope-by-overworking/516540/>
- My blog: <https://abetternhs.net/2017/10/15/we-need-to-talk-about-trauma/>